

# Swim Lessons

Swim classes are taught at McGaugh Campus, 1698 Bolsa Ave.

Fees for 9 Day Sessions (Mon-Fri & Mon-Thurs)	Registration Time	Online Registration	Walk-in Registration	Session	Class Dates
<b>Resident:</b> \$40/per child  <b>Non-Resident:</b> \$60/per child	<b>Resident Registration:</b> 8 a.m.  <b>Non-Resident Registration:</b> 11 a.m.	Friday, May 30	Friday, June 6	1	6/16-6/26
				2	6/30-7/11* no class 7/4
				3	7/14-7/24
				4	7/28-8/7
				5	8/11-8/21

## 2014 Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. 2014 Junior Lifeguard dates are June 23- August 8, 2014 from 9am-12pm, Monday- Friday. The swim test will consist of a 100 yard swim that must be completed within:

1:55 – 'C' group (9-11)

1:40 – 'B' group (12-13)

1:35 – 'A' group (14- 17)

ALL swim tests will be held at McGaugh Elementary School- 1698 Bolsa Avenue (corner of Bolsa Avenue and Seal Beach Boulevard). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

## Returning Junior Guards

### Test Dates and Times

- Saturday, May 10, 7am-9am
- Saturday, May 17, 7am- 9am
- Saturday, May 24, 7am- 9am

If you cannot make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

### Registration Information

Participants must have been enrolled in the Seal Beach Junior Lifeguard Program in 2013 to be eligible to enroll in this section. Enrollment will open for all returning JG's on May 10, 2014 at 12pm and close June 13, 2014 at 12pm. Any returning JG who does not enroll prior to June 13, 2014 will have to register as a "New Junior Lifeguard". Register at [Register.sealbeachca.gov](http://Register.sealbeachca.gov).

## New Junior Guards

### Test Dates and Times

- Tuesday, June 10, 5pm-7pm
- Thursday, June 12, 5pm-7pm
- Saturday, June 14, 7am-10am

### Registration Information

Enrollment will open for all NEW Jr. Lifeguards on June 14, 2014 at 12pm and close on June 17, 2014 at 12pm. Register at [Register.sealbeachca.gov](http://Register.sealbeachca.gov). For additional program information, please visit [www.sealbeachca.gov](http://www.sealbeachca.gov) or call (562) 431-2527 ext. 1206.

## Jr. Guard Prep Class

Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.

This class is designed to get your child ready for the Junior Lifeguard Swim Test. Instructors will work with your child to develop proper stroke technique and endurance, however some previous swimming experience is recommended. Participants will be tested at the last class and it will count towards the Junior Guard Swim Test! Space is limited - only 36 spots available - so sign up early! No Class 5/26

224030-01 3 weeks Mon-Fri 4/28-5/16 5:30-6:15pm 9-17 yrs \$100

224030-02 3 weeks Mon-Fri 5/19-6/6 5:30-6:15pm 9-17 yrs \$100

## Jr. Guard Conditioning Class

Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.

This class is designed for the returning Junior Lifeguard who want some extra help to prepare for the Swim Test and the summer. Enrollment in 2013 Junior Lifeguard Program required to participate in this class. Instructors will work with your child to fine tune stroke technique and improve endurance. Participants will be tested at the last class and it will count towards the Junior Lifeguard Swim Test! Space is limited - only 36 spots available - so sign up early! No class 5/26

224031-01 3 weeks Mon-Fri 4/28-5/16 6:15-7pm 9-17 yrs \$100

224031-02 3 weeks Mon-Fri 5/19-6/6 6:15-7pm 9-17 yrs \$100

## Jr. Guard "Last Chance" Class

Beach Lifeguards, McGaugh Campus, 1698 Bolsa Ave.

Intensive one week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to both new and returning Junior Lifeguards. Participants will be tested at the last class and it counts toward the Junior Guard Swim Test! Space is limited - only 36 spots available.

224032-01 1 week Mon-Fri 6/9-6/13 6-7pm 9-17 yrs \$50

